



At the
NEWLY RENOVATED
Elizabeth Blvd.
Swimming Pool

SWIMMING LESSONS

Water Discovery (ages 3 months-2½ years) *(formerly known as Mommy and Me Class)*

July 17 (4 weeks)

Monday/Wednesday 10:30am-11:00am

Tuesday/Thursday 10:30am-11:00am

Member \$20 Non-member \$40

(maximum 8 students)

Swim Basics (ages 2½ years & older)

July 17 (4 weeks)

Monday/Wednesday Morning Class 11:10am-11:50am

Tuesday/Thursday 11:10am-11:50am

Monday/Wednesday Evening Class 5:40pm-6:20pm

Saturday 9:20am-10:20am* or 10:30am-11:30am*

*Minimum class size requires 4 students.

Member \$42 Non-member \$62

(maximum 6 students)

Swim Strokes

July 17 (4 weeks)

Monday/Wednesday Morning Class 11:10am-11:50am

Tuesday/Thursday 11:10am-11:50am

Monday/Wednesday Evening Class 5:40pm-6:20pm

Saturday 9:20am-10:00am* or 10:30am-11:30am*

*Minimum class size requires 4 students.

Members: \$42 Non-members: \$62



Ask about **Private Lessons**

4 half-hour sessions

Member \$64 Non-member \$84

(up to 4 students)



Program Overview

<p>SWIM STARTERS Parent* & child lessons</p>	<p>SWIM BASICS (Safety Around Water) Recommended skills for all to have around water</p>	<p>SWIM STROKES Skills to support a healthy lifestyle</p>	<p>PATHWAYS Specialized tracks</p>
<p>A Water Discovery</p>  <p>Introduces infants and toddlers to the aquatic environment</p>	<p>1 Water Acclimation</p>  <p>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</p>	<p>4 Stroke Introduction</p>  <p>Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke</p>	<p>Competition</p> 
<p>2 Water Movement</p>  <p>Encourages forward movement in water and basic self-rescue skills performed independently</p>	<p>3 Water Stamina</p>  <p>Develops intermediate self-rescue skills performed at longer distances than in previous stages</p>	<p>5 Stroke Development</p>  <p>Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke</p>	<p>Leadership</p> 
<p>B Water Exploration</p>  <p>Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills</p>	<p>6 Stroke Mechanics</p>  <p>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle</p>	<p>Recreation</p> 	<p>Competition</p> 
<p>Outcomes Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.</p>	<p>Outcomes Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab</p>	<p>Outcomes Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	<p>Outcomes Students build confidence, cultivate their passion, and stay active through specialized tracks,</p>

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.